








## Using the ready reckoner

1. Find the vibration magnitude (level) for the tool or process (or the nearest value) on the grey scale on the left of the table.
2. Find the exposure time (or the nearest value) on the grey scale across the bottom of the table.
3. Find the value in the table that lines up with the magnitude and time. The illustration shows how it works for a magnitude of 5 m/s<sup>2</sup> and an exposure time of 3 hours: in this case the exposure corresponds to 150 points.
4. Compare the points value with the exposure action and limit values (100 and 400 points respectively). In this example the score of 150 points lies above the exposure action value.

The colour of the square containing the exposure points value tells you whether the exposure exceeds, or is likely to exceed, the exposure action or limit value:

	Above exposure limit value
	Likely to be at or above limit value
	Above exposure action value
	Likely to be at or above action value
	Below exposure action value

5. If a worker is exposed to more than one tool or process during the day, repeat steps 1 – 3 for each one, add the points, and compare the total with the exposure action value (100) and the exposure limit value (400).

## Note – Points Formulas

These formulas can be used to calculate the points values without the need for the ready reckoner table above.

$$Points(n) = \left(\frac{A(8)}{2.5}\right)^2 \times 100$$

Or...

$$Points(n) = \left(\frac{a_{hw}}{2.5}\right)^2 \times \frac{t}{8} \times 100$$

Where

A(8) is the daily exposure in m/s<sup>2</sup>

A<sub>hw</sub> is the measured vibration level

t is the exposure time in hours

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For further information on our noise and vibration measurement instruments please contact:  
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